

Who I Am

- ▶ Name: Vittorio Palermo
- ▶ Age: 30
- ▶ Profession: Psychologist
- ▶ Role: Researcher and student
- ▶ I attend the Health Psychology Specialization School

How I Arrived Here

- ▶ Nowadays, Psychology is been shifting from psychopathological and individual to health and community themes
- ▶ As Health Psychologists, we are interested in Health Promotion, that means empowering individuals, groups and community resources, network and competences
- ▶ We believe in a systemic and participatory methodology in order to reach our health goals

The Institution I Work For

Istituto Superiore di Sanità - National Institute of Health (ISS) is the main center for research, control and technical-scientific consultancy in the field of public health in Italy

- ▶ Our structures guide health policies based on scientific evidence, from the prevention and promotion of health to the fight against noncommunicable, chronic and neurodegenerative diseases, from infectious ones to pathological addictions
- ▶ Our activity deals with everything that can affect health in everyday life: from ionizing radiation, contaminants of air, soil, water, to lifestyles
- ▶ The care quality evaluation is an important goal in which we also participate to ensure the sustainability of the entire system

Where I Work - CNaPPS - National Centre for diseases Prevention and Health Promotion

ISS is structured in different Centers and Departments, in the context of specific sectors of competence characterized by technical and / or scientific importance.

The fundamental elements of the mission of the CNaPPS are:

- ▶ coordinate and support efforts for disease prevention and health promotion nationally and internationally
- ▶ research and experiment with effective methods for prevention and health promotion
- ▶ build an integrated approach to prevention with multidisciplinary skills
- ▶ promote sustainable and evidence-based interventions and evaluate their impact

Where I Work - CNaPPS - National Centre for diseases Prevention and Health Promotion

- ▶ The CNaPPS intends to acquire a national reference role for the development of health promotion and disease prevention, carrying out translational activities between the scientific evidence and the policies of public health, as prevention programs and services
- ▶ The activities of the CNaPPS are developed according to a life-course approach (from before conception to old age) and by setting, in order to plan interventions and reach specific targets of the population
- ▶ The CNaPPS promotes an intersectoral and multi-stakeholder approach, with joint actions of health and non-health sectors, and a close alliance with the citizen, aimed at strengthening personal and community resources to encourage healthy choices

What I work on

- ▶ The National Center for Disease Prevention and Control (CCM) supports the Ministry of Health in the analysis of the epidemiological situation, in the identification and assessment of risks for human health (infectious agents, environmental conditions and behavioral factors) and in the identification of effective prevention measures and paths of social and health assistance by funding projects in collaboration with various Regions and institutional partners, in numerous areas of intervention.
- ▶ In carrying out its activities, the CCM promotes evidence-based practices of excellence, with the aim of disseminating effective operational models of prevention interventions, and of strengthening the prevention network in Italy.

Currently, we are working on the project “Peer education as a tool to engage families and schools in health lifestyles promotion”

The current project - Introduction

- ▶ In Italy, the health surveillance systems highlight health inequalities, characterized by prevalence of MCNT risk factors in vulnerable social groups (low education and income levels): overweight, physical inactivity and low eating of fruit and vegetables.
- ▶ A recent experience of peer parent education in a low socio-economic context in Naples has proved to be effective in improving their knowledge, attitude and behaviour toward nutrition.
- ▶ The development of communication technologies increases social exchange and can be useful to orient people about health choices.
- ▶ In the current pandemic situation, characterized by uncertainty, a participatory approach provides a space for discussion, in which schools and families have the opportunity to express expectations, motivations and needs, and elaborate strategies to face the COVID challenge.

The current project - Object

The project “Peer education as a tool to engage families and schools in health lifestyles promotion”

- ▶ aims to implement and assess the feasibility and sustainability of healthy lifestyles promotion interventions in kindergarten and primary school contexts of different Italian Regions
 - ▶ by using peer strategies and communication technologies,
 - ▶ involving parents, teachers and local healthcare services
- ▶ and aims to recognize emerging health needs for pandemic risks management in kindergarten and primary school community

The current project - Method

- ▶ Collecting and analyzing available web contents on eating habits, physical activity and sedentary lifestyle in childhood
- ▶ Training of health professionals in correct lifestyles, web and social media risks and resources and strategies to promote health literacy among school staffs and parents
- ▶ Designing health promotion interventions in collaboration with identified peer parent educators and teachers
- ▶ Planning two distance learning courses for health professionals and teachers to promote health literacy, peer education and correct use of the internet
- ▶ Setting local and national events involving main stakeholders
- ▶ Developing multimedia materials that document the achievement in order to disseminate project results

The current project - Assessment

Qualitative evaluation

- ▶ **FORMATIVE EVALUATION:** the previous experience of peer education carried out in Naples was assessed to highlight its implementation strengths and weaknesses. Then, we defined categories for the interviews and FGs, which will be carried out in the participating schools.
- ▶ **EX-ANTE EVALUATION:** interviews to Headmaster, to describe community context, school-family interactions, school health needs and to identify priorities of the school facing COVID-19 emergency
- ▶ **EX-POST EVALUATION:** FGs with parents, school staff and health professionals assess implementation strategies and the outcomes in different socio-economic contexts.

Quantitative evaluation

- ▶ The effectiveness of the interventions carried out in the school setting will be evaluated through ad hoc questionnaires, which evaluate knowledge, attitude and behaviours change.

The current project - Preliminary Results

- ▶ Due to the emergency caused by COVID-19, design and evaluation activities are currently being redefined.

How this can be done?

The current project - Discussion

- ▶ Families have a key role in their children health lifestyles: increasing network and participation by fostering parents' knowledge and communication skills can encourage collaboration between school and family.
- ▶ Community participation is an effective strategy to reach people and tackle health inequalities in socio-economically disadvantaged areas.
- ▶ Qualitative assessment approach allows to investigate the context of intervention, highlighting emerging needs, resources, motivations and expectations. Taking into account resources and constraints of the current pandemic situation, these results can support the redefinition of actions to promote health and psychosocial wellbeing within the school context.

Thanks for your attention!

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